UNIVERSITÉ Concordia UNIVERSITY

STUDENT SERVICES Multi-faith and Spirituality Centre

Meditation

Come and experience the refreshing practice of simply being present through sitting and walking meditation. The traditional technique known as Shamatha, or 'peaceful abiding', will be introduced by an experienced instructor. A brief instruction will be given at the beginning of each session, followed by silent practice. Everyone is welcome!

When: Every Tuesday starting Sep. 20, 12:15-1:15pm
Where: Multi-faith & Spirituality Centre
(2090 Mackay), Z-05
More info: mfsc@concordia.ca